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Chapters

turning the pages through grief

Grief is like

...the Wind



by Paulette LeBlanc

Grief, like the wind, is not something you can see, although the effects can be just as devastating. In some places, grieving one's spouse once came with the tradition of wearing black for a time. This was a visible display of inward mourning. Today, however, no one can "see" our grief. Perhaps it would be helpful if we assigned a tee shirt or a specific color to people who are grieving, so that the world would grant them a wider berth.

Others have no idea what we are feeling, and telling everyone, everywhere we go, that we are in pain, is unrealistic. Understanding that people can't know what's going on inside of us is important, however, you may find that you simply don't care right now, and that's okay.

About a year after my father died, two different acquaintances made remarks to me that for the previous year, I had not been as friendly toward them as I once was. Now that I was beginning to heal, I suppose I returned to my normally cheerful self and it was then that they felt safe to tell me that I had been ignoring them. The truth was, shortly after my mother died, I got a divorce, and soon after that my father died. I tried to explain to these

acquaintances that I had been in somewhat of a survival mode and hadn't even remembered seeing them. It was nothing personal, it was more that I was grieving the loss of both my parents as well as a twenty-year marriage. In the process of this grief, the small talk I had made with them before that did not come as easily or readily. I hoped that they

continued...



John Wilson, 43, Schaumburg, IL.
Not Pictured: absolutely everyone else.

**JULY
2023**

*If you want to see the sunshine,
you have to weather the storm.*
—Frank Lane

...continued from front

In the midst of a great storm, as you hear a tornado approaching, is not the time to worry about being rude by refusing to make small talk.

understood that it was not personal, even though it seemed to me it was they who were being selfish. Why? Because they couldn't see my grief.

But there is no need for you to feel guilty if you take on a zombie like existence as you're processing your grief, and others will just have to understand that you need time.

Sometimes the effects of grief can be better weighed from a distance. I find that I can survey the damage the winds of my grieving caused as I look back, far better than I could as I was living in it. You may find the decisions you make now are borne out of a sense of needing to get through each day, rather than taking the time to be conscious and considerate of everything you say and do, as you normally would. Trust me when I tell you that now is not the time to worry about what everyone else is thinking, and the people who most care for you will certainly understand. In the midst of a great storm, as you hear a tornado approaching, is not the time to worry about being rude by refusing to make small talk. Now is the time to take cover, whatever that looks like for you.

Grieving takes an enormous amount of energy. I don't think I realized how difficult it was to get through each day of my grief until years afterward. I find that even now, there are moments when I experience the sting of all that loss and recede inside my head for a time, though the time is shorter and I recover much more quickly than I did right after the losses. Rest assured that the storm will cease and the winds abate. In the mean time, remember to be kind to yourself during this difficult season, and don't worry about those who don't understand. They can't see your grief.

Bookmarks

**Please Be Patient,
I'm Grieving:**

**How to Care For and Support the
Grieving Heart (Good Grief Series Book 3)**

By Gary Roe

Amazon Review:

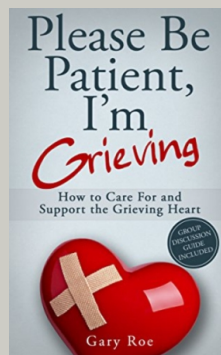
Do you know someone who's grieving and wish you could help? Are you the one grieving and wonder if what you're going through is normal? Do you wish those around you understood you better?

This book has answers.

This practical and easy-to-read book provides the answers you need to make a difference - in your own life and in the lives of others.

Bestselling author, hospice chaplain, and grief specialist Gary Roe gives you a look at the grieving heart – the thoughts, emotions, and struggles within. If you're wanting to help someone who's grieving, you'll get a glimpse of what's going on inside them and be better able to love and support them. If you're in the midst of grief and loss, you'll see yourself as you read, and be encouraged that you aren't as weird or crazy as you thought.

Healing from loss is challenging. This book can help you develop a priceless ability—how to hear the heart of someone who's hurting. The benefits for them, and for you, can be staggering.



Sometimes the best advice is a break from advice. Enjoy your favorite beverage and these tidbits of this & that.



- The name July was named after Roman general Julius Caesar.

- July is National Hot Dog Month, National Ice Cream Month, and National Picnic Month.



- July's birthstone is the Ruby.

- July's flowers are Larkspur and Water Lily.

- There are 300 different varieties of watermelon.



- The official copy of the Declaration of Independence was signed August 2, 1776.



- Apple Pie Is Considered the Most American Dessert

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